

All Combos and Plates are Served with Your Choice of Brown Rice, White Rice, Sweet Potatoes or Red Potatoes and your choice of Veggie or Organic Spring Mix Salad. For low Carb you may Substitute Double Veggies at no Charge

STEAK PLATES

Grilled Steak **4oz 8.99 6oz 11.99 8oz 14.99**

Our Angus steak thinly sliced and grilled to perfection

Steak N Mushroom . . . **4oz 9.99 6oz 12.99 8oz 15.99**

Our Angus steak covered in a full heaping cup of pan sautéed mushrooms.

Garlic Steak **4oz 9.99 6oz 12.99 8oz 15.99**

Fix8 best seller. Our Angus steak pan sautéed in our almost world Famous housemade garlic sauce.

Steak and Egg Whites **4oz 11.49 6oz 14.49 8oz 16.99**

Our Chargrilled Angus Steak Served with 8 Egg Whites

CHICKEN PLATES

Grilled Chicken **4oz 8.79 6oz 9.99 8oz 11.79**

Boneless Skinless Chicken Breast Tenderloin grilled to perfection

Thai Peanut Chicken . . **4oz 9.79 6oz 10.99 8oz 12.79**

Boneless Skinless Chicken Breast Tenderloin topped in our handmade Thai Peanut Sauce

Thai Chili Chicken **4oz 9.79 6oz 10.99 8oz 12.79**

Boneless Skinless Chicken Breast Tenderloin topped in our Thai Chili Sauce.

FISH PLATES

Wild Alaskan Mango Salmon . . . **6oz 13.49 8oz 15.99**

Wild Caught Alaskan Salmon Smothered in our house made fresh mango salsa

Furikake Salmon **6oz 13.49 8oz 15.99**

Wild Caught Alaskan Pink Salmon Topped with our special blend of Furikake.

Grilled Tilapia **6oz 10.49 8oz 11.99**

Fresh Grilled Tilapia Seasoned to Perfection

Wild Caught Alaskan Cod **6oz 12.49 8oz 14.99**

Wild Caught Alaskan Cod Lightly Seasoned and Grilled to Perfection Served with a Lemon Wedge.

TURKEY & TOFU PLATES

Grilled Tofu **6oz 8.29 8oz 9.59**

Lettuce Wraps **\$9.99**

Turkey Lettuce Wraps

COMBOS

Steak and Chicken Breast **\$14.99**

Steak and Salmon **\$16.99**

Steak and Tilapia **\$15.49**

Chicken and Salmon **\$14.99**

Chicken and Tilapia **\$13.99**

FISH TACOS

All Tacos are Served with an Organic Spring Mix Salad with your choice of dressing

Tilapia Tacos **\$8.99**

Fresh Grilled Tilapia Tacos Topped With Lettuce, Salsa, Sweet Chili Aioli

Salmon Tacos **\$9.99**

Fresh Grilled Wild Caught Alaskan Salmon Fish Tacos Topped with Lettuce, Salsa, Sweet Chili Aioli.

Cod Tacos **\$9.99**

Fresh Grilled Wild Alaskan Cod Tacos Topped With Lettuce, Salsa, Sweet Chili Aioli.

WRAPS

Wraps are Served With an Organic Spring Mix Salad and your Choice of Balsamic, Ranch or Italian Dressing

Garlic Steak Wrap **\$9.99**

Chicken Wrap **\$9.99**

Ahi Wrap **\$9.99**

SALADS

Salads include your choice of Balsamic, Ranch, or Italian Dressing

Salmon and Spinach Salad **\$9.99**

Organic Spinach Topped With Cucumber, Tomato, Carrots, Squash, Avocado and Grilled Wild Alaskan Salmon

Spring Mix and Chicken Breast Salad **\$8.99**

Organic Spring Mix, Cucumber, Carrots, Zucchini, Tomato, Avocado and Grilled Chicken

Strawberry Salad **\$7.99**

Romaine, Spinach, Strawberries, Cucumber, Sliced Almonds and Avocado

POKE BOWLS

- Spicy** **\$9.99**
Brown Rice, Furiyaki, Red Onion and our Spicy Ahi Tuna in Sauces
- Shoyu** **\$9.99**
Brown Rice, Furiyaki, Shoyu Sauce, Red Onion, Korean Sauce and Ahi Tuna

ADD ONS

- Steak - 4 ounces** **\$5.79**
- Chicken - 4 Ounces** **\$3.99**
- Salmon - 4 ounces** **\$5.99**
- Tilapia - 4 ounces** **\$4.19**
- Egg Whites - 8** **\$3.59**

GREENS & SIDES

- Broccoli** **\$1.49**
- Grilled Red Onions** **\$.99**
- Spinach (Raw or Steamed)** **\$1.49**
- Organic Spring Mix Side Salad** **\$1.99**
- Mixed Veggies** **\$1.49**
- Mushrooms** **\$1.49**
- Sweet Potatoes** **\$1.99**
- Tomatoes** **\$1.69**
- Red Potatoes** **\$1.99**
- Green Beans** **\$1.99**
- Cucumbers** **\$1.99**
- Zucchini** **\$1.99**
- Avocado** **\$1.99**
- Asparagus** **\$2.49**
- Grilled Corn** **\$1.99**

MEAL PREPS

*Choose One Protein and Any Two Carbs
or Veggies*

Proteins

- BBQ Chicken**
- Grilled Chicken**
- Teriyaki Chicken**
- Thai Chili Chicken**
- Thai Peanut Chicken**
- Lean Ground Turkey**
- Grilled Tofu**
- Grilled Tilapia**
- Hibachi Chicken**
- Hibachi Steak** **(add \$1)**
- Grilled Steak** **(add \$1)**
- Wild Alaskan Salmon** **(add \$1)**
- Garlic Steak** **(add \$1)**
- Mango Salmon** **(add \$1)**
- Steak & Egg Whites** **(add \$3)**

Carbs

- Brown Rice**
- White Rice**
- Red Potatoes**
- Sweet Potatoes**

Veggies

- Broccoli**
- Mushrooms**
- Organic Spring Mlx Side Salad**
- Asparagus**

Mixed Veggies

- Spinach (Raw or Steamed)**
- Grilled Red Onions**
- Cucumbers**
- Green Beans**
- Grilled Corn**

6 MEALS

4 oz portions \$52 8 oz portions \$73

9 MEALS

4 oz portions \$78 8 oz portions \$103

12 MEALS

4 oz portions \$103 8 oz Portions \$145

18 MEALS

4 oz portions \$155 8 oz portions \$215

2 Henderson Locations

90 S. Stephanie St. Suite 140 (702) 629-3773

650 E Horizon Dr (702) 558-6441

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